

Kopperud TaeKwon-Do - Saskatoon - Schedule: September 2010

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		
	B	A	B	A	B	A	A	B	
4:00PM		Private Lessons		Private Lessons		Private Lessons		Private Lessons	4:00PM
4:30PM		Private Lessons	Junior Gr. 3 to 5 4:30	Private Lessons	Private Lessons	Private Lessons	Children K. to Gr.2 4:30	Private Lessons	4:30PM
5:00PM		Youth Gr. 6 to 8 5:00	all belts	Children K. to Gr.2 5:00	Private Lessons	Junior Gr. 3 to 5 5:00	all belts	Junior Gr. 3 to 5 5:00	5:00PM
5:30PM	Children K. to Gr.2 5:30	option to return for the 7:30 class	White-Belts, Yellow-Belts + Green Stripes 5:30 BSP	all belts	Junior Advanced Gr. 3 to 5 5:30	Beginner to Jun. Level J7	Green-Belts + Blue-Stripes 5:30 BSP	all belts	5:30PM
6:00PM	all belts	Junior Gr. 3 to 5 6:00	Age 11 & Up	Green-Belts + Blue-Stripes 6:00	Jun. Level J6 to Jun. Level J4	Children K. to Gr.2 6:00	BSP	White-Belts, Yellow-Belts + Green Stripes 6:00 BSP	6:00PM
6:30PM	Executive Class 35yrs.+ 6:30	all belts	OPEN GYM WARM-UP 6:30	BSP	Family 6:30	all belts	OPEN GYM WARM-UP 6:30	Age 11 & Up	6:30PM
7:00PM	All Belts option to join studio-A class	Youth + Adult 7:00PM	Blue-Belt 4th Gup + higher	BSP 7:00PM	minimum 1 parent with 1 child	Youth + Adult 7:00PM	Blue-Belt 4th Gup + higher	BSP 7:00PM	7:00PM
7:30PM	7:00 to 8:30pm ALL BELTS	Gr. 6 + Higher White to Black-Belt	7:00 to 8:15pm SENIOR BELTS	Blue-Belts + Red-Stripes / Belts Black-Str. / Belts	7:30 to 9:00pm BLACK-BELT 1st & 3rd Wed Black-Belts Only	Gr. 6 + Higher White to Black-Stripe	7:00 to 8:15pm SENIOR BELTS	Blue-Belts + Red-Stripes / Belts Black-Str. / Belts	7:30PM
8:00PM	Comprehensive class including curriculum + fitness elements for ALL belt rank levels.		Comprehensive class including curriculum + fitness elements for Blue-Belt 4th Gup + Higher		2nd + 4th Wed Black-Belt CLUB	Comprehensive class including Curriculum + Fitness elements	Comprehensive class including curriculum + fitness elements for Blue-Belt 4th Gup + Higher		8:00PM
8:30PM	May divide into Rank specific groups using both studios.		BLACK-BELTS will continue until 8:45pm				BLACK-BELTS will continue until 8:45pm		8:30PM
9:00PM									9:00PM

	SATURDAY	
	A	B
9:00AM	Private Lessons	Private Lessons
9:30AM	Children K. to Gr.2 9:30 all belts	Private Lessons
10:00AM		Junior Gr. 3 to 5 10:00
10:30AM	Junior Advanced Gr. 3 to 5 10:30	Beginner to Junior J7 to
11:00AM	Jun. J6 to Jun.Level J4	Green-Belts + Blue-Stripes 11:00
11:30AM	age 11 + up White-Belts Yellow-Belts Green-Str. BSP 11:30	BSP option to stay
12:00PM		Yellow-Belt 8th Gup + higher 12:00pm
12:30PM	COLOR BELTS 12:00 to 1:30pm	Comprehensive class for all color-belts.
1:00PM	Private Lessons	Private Lessons
1:30PM	1 to 2 times per Month is Saturday Black-Belt CLUB	
2:00PM	Private Lessons	Private Lessons
2:30PM	Private Lessons	Private Lessons

	SUNDAY	
	A	B
12:00PM		
12:30PM	Adult & High School Age 14 + Up 12:30 to 2:00pm	OPEN GYM for ALL MEMBERS 12:30pm to 2:00pm
1:00PM	ALL BELTS comprehensive class	
1:30PM		
2:00PM	Private Lessons	Private Lessons
2:30PM	Private Lessons	Private Lessons
3:00PM	Private Lessons	Private Lessons
3:30PM	Private Lessons	Private Lessons
4:00PM	Private Lessons	Private Lessons

NOTE:
 Youth (Gr. 6 - 8) and High School (Gr. 9 - 12) and Adults should attend at least two classes per week, one of which must be a **BSP** (belt-specific) curriculum class: offered on Tuesdays, Thursdays and Saturdays.
 Junior (Gr. 3 - 5) students who have reached 6th Gup Adult Green-Belt will transfer into the "Youth" program and must also attend at least one Green-Belt **BSP** class per week.
 Private lessons are available through Black-Belt instructors.

Monthly Fees	Excluding Tax	ONE Class Per Week	TWO Classes Per Week	UNLIMITED Classes
		SAME <u>one</u> class each week	SAME <u>two</u> classes each week	ANY + <u>ALL</u> eligible classes
CHILDREN	K. to Grade 2	\$ 58.00 / month	\$ 68.00 / month	\$ 73.00 / month Best Value
JUNIORS	Grades 3 to 5	\$ 59.00 / month	\$ 69.00 / month	\$ 74.00 / month Best Value
			SAME two classes each week <u>one</u> must be a <u>belt-specific (BSP)</u> class	Unlimited Classes ANY + <u>ALL</u> eligible classes
YOUTH	Grades 6 to 8	* (not available) *	\$ 70.00 / month	\$ 80.00 / month Best Value
HIGH SCHOOL	Grades 9 to 12	* (not available) *	\$ 71.00 / month	\$ 81.00 / month Best Value
			SAME <u>two</u> classes each week <u>one</u> must be a <u>belt-specific (BSP)</u> class	Unlimited Classes ANY + <u>ALL</u> eligible classes
ADULT	18 & Older	* (not available) *	\$ 72.00 / month	\$ 82.00 / month Best Value